

## **JOHN LENIHAN WINS NAGLES MOUNTAIN RUN**

John Lenihan of Riocht A.C., the former World Mountain Running Champion defied a virus to maintain his unbeaten streak yet again when he won the Nagles Mountain Run near Killavullen in a time of 25 mins 27 secs. Lenihan who said he felt sluggish with a cold and sore throat was 37 seconds outside his record. Second and closing fast in the final stages was Willie Guiney of Desmond Currans A.C. who appears to be striving to unseat the champion. A razor sharp Tom Fitzgerald of West Limerick A.C. was third on 27.46.

First of the Ladies was Phyllis Flynn of Stragglers on 31 mins 46 secs from Majella Diskin of Riocht followed by Mary Lenihan also of Riocht. A new Junior men's record was set by Reenavanna Harriers Martin Bradshaw. The Nagles race was the curtain raiser in the 7 race I.M.R.A. Munster Championship.

### **NAGLES MOUNTAIN RUN (MUNSTER CHAMPIONSHIP)**

#### **FIRST 10 MEN**

1 <sup>st</sup>	John Lenihan	Riocht A.C.	25.27
2 <sup>nd</sup>	Willie Guiney	Desmond Currans A.C.	26.52
3 <sup>rd</sup>	Tom Fitzgerald	West Limerick A.C.	27.46
4 <sup>th</sup>	Maurice Dennehy	Rising Sun A.C.	28.07
5 <sup>th</sup>	Mike McAuliffe	Riocht A.C.	28.54(vet)
6 <sup>th</sup>	Martin Bradshaw	Renavanna Harriers	28.58(junior)
7 <sup>th</sup>	Sean Casey	Riocht A.C.	29.49
8 <sup>th</sup>	Donie Shine	Millstreet A.C.	29.59
9 <sup>th</sup>	Bernard Collins	Limerick A.C.	30.15(vet)
10 <sup>th</sup>	Kevin Sheehy	Ballynonty A.C.	30.25

#### **FIRST 5 WOMEN**

1 <sup>st</sup>	Phyllis Flynn	Stragglers	31.46
2 <sup>nd</sup>	Majella Diskin	Riocht A.C.	33.36(vet)
3 <sup>rd</sup>	Mary Lenihan	Riocht A.C.	36.52
4 <sup>th</sup>	Leonie Foster	New Zealand/Rockhill	38.58
5 <sup>th</sup>	Dorothy Allard	England	41.03(vet)

#### **Next Munster Race; Doon, Co.Limerick Sunday June 7th**

Followed by Seefin , Ballyhouras June 21st

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